

# BOOTCAMP PHYSICAL TRAINING

## WHAT'S NEW

As of January 1, 2018, Recruit Training Command (RTC) has implemented a new initial physical training policy.



In your first week of training during RTC, you will perform a physical readiness test (PRT). Your preparedness for this test can have a major impact on your training at RTC.

Here are the scores you need to know:

PRT scores needed to be afforded opportunity to continue training at RTC:

	1.5 Mile Run
Males:	16:10
Females:	18:07

PRT scores needed to be afforded the opportunity to automatically promote to E-2 or E-3:

	Curl Ups	Push Ups	1.5 Mile Rn
Males Ages 17-19 Years:	54	46	12:15
Males Ages 20-24 Years:	50	42	13:15
Females Ages 17-19 Years:	54	20	14:45
Females Ages 20-24 Years:	50	17	15:15



For more information and resources concerning Navy Physical Standards, please visit:  
<http://www.cnrc.navy.mil/ForFutureSailors.htm>.